



KINGSBURY CLUB

— PROUD TO PARTNER WITH —



**Special
Olympics**
Massachusetts

SPECIAL OLYMPICS FITNESS CLASS

**STRONGER TOGETHER.
HEALTHIER TOGETHER.**



WHEN:

Fridays | 4–5PM
Aug 21st – Nov 4th



WHERE:

On the Turf



HEAD COACH:

Josh Lopez



HOW TO SIGN UP:

Scan the QR Code
below to register!

REGISTER TODAY!



Scan the QR Code
to secure your
spot in this exciting
12-week program!



VOLUNTEER AND MAKE AN IMPACT

We are looking for volunteers who can commit to as many weeks as possible for this 12-week program. Athletes benefit from a consistent volunteer to create trust and develop a strong bond with.

VOLUNTEER ROLE:

- ✓ Encourage and motivate athletes to stay engaged during workout
- ✓ Demonstrate exercises by explaining techniques
- ✓ Modify exercises as needed
- ✓ Assist with equipment including weights, mats, and exercise balls
- ✓ Address safety concerns and take necessary steps to provide a safe environment



INTERESTED IN VOLUNTEERING?

Please email:

jody@Kingsburyclub.com

(All volunteers are required to submit
a CORI/Background check)



KINGSBURY CLUB

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kingsburyclub.com